I claim:

- 1. Wheelbarrow braking system for controlling speed of a wheelbarrow comprising a braking mechanism for a wheelbarrow with handle bars and a wheel comprising a drum brake, a brake assembly for the wheel, a control handle, a control cable coupling the brake assembly and the control handle for activating the braking mechanism and controlling movement of the wheelbarrow.
- 2. The system of claim 1, wherein the braking mechanism comprises a drum assembly and a pair of spring-loaded brake shoes mounted inside the drum assembly.
- 3. The system of claim 2, wherein the drum assembly is a steel drum assembly.
- 4. The system of claim 2, wherein the drum assembly comprises a plastic drum with a steel liner.
- 5. The system of claim 2, wherein the drum assembly further comprises a drum and an enclosure for sealing and protecting the drum from external material.
- 6. The system of claim 5, further comprising a mounting plate for the drum and connectors for mounting the plate to a rim of the wheel.
- 7. The system of claim 6, wherein the connectors are bolt or weld connectors.
- 8. The system of claim 5, further comprising an axle supporting wheels of the wheelbarrow, wherein the drum is mounted centrally on the axle between the wheels.

- 9. The system of claim 1, wherein the control handle is a twist-type motorcycle handle mounted at an end of the handle bars of the wheelbarrow.
- 10. The system of claim 10, wherein the control handle twists to different degrees for activating the braking mechanism without losing contact with the handle bars of the wheelbarrow during braking.
- 11. The system of claim 10, wherein a slight twist of the handle slows the wheelbarrow.
- 12. The system of claim 10, wherein a quarter twist of the handle stops the wheelbarrow.
- 13. The system of claim 10, wherein an amount of force exerted upon the control handle is directly proportional to a degree of pressure exerted by the braking mechanism on the wheel of the wheelbarrow.
- 14. The system of claim 10, further comprising clipping means for locking the control handle at desired positions after twisting the handle.
- 15. The system of claim 14, wherein the clipping means forms a parking brake for the wheelbarrow by locking the control handle.
- 16. The system of claim 1, wherein the cable is a steel brake cable.
- 17. The system of claim 1, further comprising a large pitch screw on an end of the control cable, wherein the bearing screw is freely movable in opposite directions.

- 18. The system of claim 17, wherein the bearing screw is in is spring loaded in a brake releasing direction.
- 19. The system of claim 1, wherein the brake assembly comprises caliper brakes.
- 20. The system of claim 19, wherein the brake assembly further comprises a brake pad and wherein the caliper brakes act upon the brake pad for friction-controlling a movement of the wheelbarrow.
- 21. The system of claim 20, further comprising a brace spanning the wheel of the wheelbarrow, wherein the caliper brakes engage opposite sides of the wheel.
- 22. The system of claim 20, wherein the control cable controls engagement of the caliper brakes.
- 23. The system of claim 22, wherein the control handle is a twist-type handle, and wherein the control cable couples the twist-type handle to the caliper brakes.
- 24. The system of claim 1, wherein the braking mechanism comprises a disc brake.
- 25. The system of claim 24, wherein the disc brake comprises a frame mounted caliper, and a disc mounted on the wheel of the wheelbarrow, wherein the caliper acts upon the disc for slowing the wheelbarrow by friction.
- 26. The system of claim 25, wherein the control handle is a twist-type handle, and wherein the control cable connects the handle and the frame mounted caliper, thereby controlling engagement of the frame mounted caliper with the wheel.

- 27. The system of claim 1, wherein the wheelbarrow comprises two wheels and a box from which project the handlebars for lifting and steering the wheelbarrow.
- 28. The system of claim 27, further comprising an axle for supporting the two wheels of the wheelbarrow, and a drum brake mounted in a center of the axle for simultaneously controlling rotation of the two wheels.
- 29. The system of claim 1, wherein the wheelbarrow further comprises a frame, a box on the frame, wherein the handlebars extend from the box and the control handle is coupled to an end of the handlebars.
- 30. The system of claim 29, wherein the box has extensions for supporting the wheel, and wherein the control cable couples the control handle to the brake assembly for controlling a movement of the wheel.
- 31. Braking apparatus comprising a braking mechanism including a brake, a twist-type handle and a brake cable connecting the twist-type handle and the brake, wherein the handle is twistable to a plurality of positions for controlling speeds of movement of vehicles coupled to the braking mechanism.
- 32. The apparatus of claim 31, wherein a twist of the handle slows the vehicles.
- 33. The apparatus of claim 31, wherein a quarter turn of the handle stops the vehicles.

- 34. The apparatus of claim 31, wherein an amount of force exerted upon the handle is directly proportional to a degree of pressure exerted by the brake.
- 35. The apparatus of claim 31, further comprising a clipper for locking the handle at desired positions.
- 36. The apparatus of claim 35, wherein the clipper forms a parking brake.
- 37. The apparatus of claim 31, further comprising a pitch screw on an end of the cable movable freely in different directions.
- 38. The apparatus of claim 37, wherein the screw is spring loaded in a brake releasing direction.
- 39. The apparatus of claim 31, wherein the brake is a drum brake.
- 40. The apparatus of claim 39, further comprising a brake arm connecting the brake cable to the drum brake.
- 41. The apparatus of claim 40, further comprising an internal drum mounted on a fixed rim of a wheel.
- 42. The apparatus of claim 39, further comprising a backing plate for the drum brake and spring-loaded brake shoes mounted on the backing plate, wherein the brake cable controls engagement of the drum brake with the wheels.
- 43. The apparatus of claim 31, wherein the brake is a frame mounted caliper having a wheel disc assembly.

- 44. The apparatus of claim 43, further comprising a disc coupled to the wheel disc assembly for engaging the wheels and reducing movement speeds by friction.
- 45. The apparatus of claim 31, wherein the vehicles include a wheelbarrow.